



**BlueCross BlueShield
of Vermont**

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Health Kit | **January 2021**

Hello!

Here is your Health Kit for January 2021. Please take a few minutes to distribute all materials via email and share this message. Your dedication to wellness makes a difference. Thanks for your efforts!

As a result of COVID-19, our spending habits are changing, so there's no better time to assess your financial health. Use the information in this month's Health Kit to help you make the most of your money during a crisis.

Poster

Assess your financial health with the tips in this month's poster, *Coronavirus and Your Finances: How to Manage Your Money*.

[Download Poster](#)

Brain Game

Complete this word search to find words associated with managing your finances.

[Download Game](#)

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Recipe

Try this healthy turkey chili. It's budget-friendly, protein-packed, and filled with plenty of fiber!

[Download Recipe](#)

Short Video

Watch this short video for tips on saving money when grocery shopping.

[Watch Video](#)

Podcast

In this month's podcast, learn how you can assess your financial health and make the most of your money.

[Listen](#)

Additional Information:

[For More Information on How to Manage Your Finances During a Pandemic](#)

Coming up...

Tune in next month for information on caregiver stress.



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